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Bureau of Home Economics

SELECTED LIST OF GOVERNMENT PUBLICATIONS

ON

FOODS AND NUTRITION

Compiled by Ruth Van Deman
Bureau of Home Economics
U. S. Department of Agriculture
Washington, D. C.

October, 1923.

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Inquiries frequently made by homemakers and home economics workers in extension service, schools, and many other organizations show that it is not easy for them to learn exactly what information on home economics subjects is available from the Federal Government. The following list includes what are considered the most useful available publications on foods and nutrition arranged by subjects and briefly annotated to indicate the nature of the material.

The following abbreviations have been used:

Agr., agriculture.	Misc., miscellaneous
Bd., board.	No., number
Bul., bulletin.	Pub., publication.
Bur., bureau.	Relat., relations.
Circ., circular.	Rept., report.
Com., commerce.	Repts., reports.
Dept., department.	Ser., series.
Dom., domestic.	Serv., services.
Econ., economic, economics.	Stas., stations.
Educ., education.	Treas., treasury.
Expt., experiment.	U. S., United States.
Fed., federal.	Voc., vocational.
Int., interior.	Vol., volume.

All the publications listed can be obtained at the nominal prices indicated from the Superintendent of Documents of the Government Printing Office, Washington, D. C. Some of them are distributed free by the department issuing them, but free supplies are so frequently exhausted that ordering from the Superintendent of Documents often saves delay.

So many series are represented in this list that the greatest care should be taken in ordering. The title of the publication and the information given in parentheses should be quoted exactly, for example, Baking in the home (U. S. Dept. Agr., Farmers' Bul. 1136, Revised, 1921.).

The following instructions for ordering publications are given by the Government Printing Office:

The main condition of purchase is that payment be made in advance of shipment. The Superintendent of Documents is not authorized to supply free copies of anything except price lists.

Remittances should be made to the Superintendent of Documents, Government Printing Office, Washington, D. C, by coupons, postal money order, express order, or New York draft. If currency is sent, it will be at sender's risk. Foreign orders should be accompanied by international money order or New York draft.

Postage stamps, coins defaced or worn smooth, foreign money, and uncertified checks will not be accepted.

Coupons that are good until used in exchange for government publications sold by the Superintendent of Documents, may be purchased from that official in sets of twenty for \$1.00.

No charge is made for postage on documents forwarded to points in the United States, Alaska, Guam, Hawaii, Philippine Islands, Porto Rico, Samoa, or to Canada, Cuba, Mexico, or Shanghai. To other countries the regular rate of postage is charged.

The proof of any reference list is in the using, and as this list is put to that test it is hoped that suggestions for improvement will be sent to the compiler. Such a list is, of course, never up-to-date, strictly speaking, for new publications are being issued continually, while the supplies of others are becoming exhausted. Also the reports of research constantly appearing change the practical value of publications long accepted as standard. Furthermore, a selected list is always open to question as to why this reference was included and another omitted. Criticisms are therefore invited.

ALUM.

Alum in foods. 1914. 7 p. (U. S. Dept. Agr., Bul. 103.) 5 cents.

Summary of data from experiments on human subjects to determine the influence of aluminum compounds on the nutrition and health of man.

APPLES.

Farm manufacture of unfermented apple juice. J. S. Caldwell. 1922. 56 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1264.) 5 cents.

A handbook on cider making discussing all practical points from the selection of the fruit to the Federal regulations governing the sale of the product.

See also FRUIT. - PECTIN.

BAKING.

Baking in the home. H. L. Wessling. Revised, 1921. 40 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1136, Revised, 1921.) 10 cents.

Discussion of household methods of making yeast and quick breads, pastry, and cookies, from various flours and meals, with recipes and score cards for bread and other baked goods.

BEETS. See TURNIPS.

BOTULISM.

Botulism from eating canned ripe olives. C. Armstrong, R. V. Story, and E. Scott. 1920. 31 p. illus. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 577.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 34, no. 51, p. 2377-2905.)

Data from investigations of botulism in persons eating infected ripe olives.

The epidemiology of botulism. J. C. Geiger, E. C. Dickson, and K. F. Meyer. 1922. 119 p. illus. (U. S. Treas. Dept., Public Health Serv., Public Health Bul. 127.) 15 cents.

Report of investigation of 345 cases of botulinus poisoning in humans together with descriptions of the food products believed to be carriers.

See also CANNING.

BOUILLON CUBES.

Bouillon cubes: Their contents and food value compared with meat extracts and home-made preparations of meat. F. C. Cook. 1913. 7 p. illus. (U. S. Dept. Agr., Bul. 27.) 5 cents.

Summary of data from analyses of ten of the leading brands of bouillon cubes.

BUTTER.

Making butter on the farm. W. White. Revised, 1921. 24 p. illus. (U. S. Dept. Agr., Farmers' Bul. 876, Revised, 1921.) 5 cents.

From the preparation of the cream to the printing of the butter the various steps are discussed clearly and concisely. Equipment needed is described briefly.

Marketing butter and cheese by parcel post. L. B. Flohr and R. C. Potts. 1913. 12 p. illus. (U. S. Dept. Agr., Farmers' Bul. 930.) 5 cents.

Suggestions for packing and shipping butter and cheese by parcel post, based on experience.

CALORIMETER.

The respiration calorimeter and the results of experiments with it. C. F. Langworthy and R. D. Milner. 1911. 16 p. illus. (U. S. Dept. Agr., Yearbook (1910) Separate 539.) 5 cents. (Also in U. S. Dept. Agr. Yearbook 1910, p. 307-318.)

Nontechnical description of the respiration calorimeter in the Department of Agriculture and some of the experiments conducted on human subjects.

CANNING.

Canned foods, modern processes of canning in the United States, general system of grading, and description of products available for export. 1917. 79 p. illus. (U. S. Dept. Com., Bur. Foreign and Dom. Com., Misc. Ser. 54.) 20 cents.

Though this description of American canned products was prepared especially to stimulate export, it is good reference material for use in this country.

Home canning of vegetables and fruits. Revised, 1923. 48 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1211, Revised, 1923.) 5 cents.

Statement of some of the principles underlying the home canning of vegetables and fruits, and directions for processing by the various methods.

CANNING (Continued)

Methods followed in the commercial canning of foods. A. W. Bitting. 1915. 79 p. illus. (U. S. Dept. Agr., Bul. 196.) 10 cents.

Equipment and methods employed in modern canning factories; results of work done in experimental canning laboratory on the Pacific coast.

See also BOTULISM. - PICKLES. - PORK.

CEREALS. See CORN. - FLOUR. - FOOD. - MILLET. - RICE. - SORGHUM. - VITAMINS. - WHEAT BRAN.

CHEESE.

Cheese and its economical uses in the diet. C. F. Langworthy and C. L. Hunt. 1912. 40 p. (U. S. Dept. Agr., Farmers' Bul. 487.) 5 cents.

Brief description of the kinds of cheese used in the American home, the nutritive value as compared with other common foods, how to make some kinds of cheese in the home, and recipes for cheese dishes.

How to make cottage cheese on the farm. K. J. Matheson and F. R. Cammack. 1917. 15 p. illus. (U. S. Dept. Agr., Farmers' Bul. 850.) 5 cents.

A practical bulletin for those wishing to make cottage cheese for home use or for sale.

Making American cheese on the farm. C. M. Gere. 1921. 18 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1191.) 5 cents.

Surplus milk can often be used to good advantage in making cheese of good keeping quality for home use. This bulletin gives clear, concise directions.

Neufchâtel and cream cheese: Farm manufacture and use. K. J. Matheson and F. R. Cammack. 1918. 35 p. illus. (U. S. Dept. Agr., Farmers' Bul. 960.) 5 cents.

Directions for the making and use of these soft cheeses; of interest to teachers, students, and housekeepers.

Varieties of cheese: Descriptions and analyses. C. F. Doane and H. W. Lawson. 1918. 80 p. (U. S. Dept. Agr., Bul. 608.) 10 cents.

Eighteen distinct groups of cheese and over 400 varieties are described, and chemical analyses of over one hundred varieties given from various sources.

See also BUTTER.

CHILDREN.

Breast feeding. 1921. 13 p. (U. S. Dept. Labor, Children's Bur., Care of Children Ser. 5; also numbered Bur. Pub. 83.) 5 cents.

Maternal nursing as a problem of economic, educational, and medical importance.

Breast feeding her baby. 1919. 8 p. (U. S. Treas. Dept., Public Health Serv., Keep Well Ser. 9.) 5 cents.

Brief discussion emphasizing the value of breast feeding for infants, with practical suggestions for the mother.

Diet for the school child. 1919. 14 p. illus. (U. S. Dept. Int., Bur. Educ., Health Educ. 2.) 5 cents.

Discussion of the foods a child should have, with practical suggestions for preparing and serving them.

Food for young children. C. L. Hunt. Revised, 1920. 26 p. illus. (U. S. Dept. Agr., Farmers' Bul. 717, Revised, 1920.) 5 cents.

The foods needed by children between 3 and 10 years of age discussed in a brief, popular way, bills of fare suitable for children, and a few recipes.

The posture of school children in relation to nutrition, physical defects, school grade and physical training. E. B. Sterling. 1922. 6 p. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 779.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 37, no. 34, p. 2043-2049.)

Report of a study of about a thousand school children in three elementary schools in Bedford, Indiana.

See also LUNCHES. - MALNUTRITION. - MILK. - NUTRITION.

CIDER. See APPLES.

CITRUS FRUITS.

By-products from citrus fruits. E. M. Chace. 1922. 13 p. illus. (U. S. Dept. Agr., Dept. Circ. 232.) 5 cents.

CITRUS FRUITS (Continued).

Directions for the utilization of bruised, undersized, or oversized oranges, grapefruit, and lemons in such products as bottled grapefruit juice, orange vinegar, candied citrus peel, marmalades, and jellies.

COCOA.

The effect of alkali treatment on cocoas. E. Bloomberg. 1913. 20 p. (U. S. Dept. Agr., Bul. 666.) 5 cents.

Summary of data from investigation to determine whether alkali treatment renders cocoa more soluble, and what changes take place in the cocoa as a result.

CORN.

Corn and its uses as food. 1923. 26 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1236.) 5 cents.

Brief discussions of the food value of corn and corn products followed by recipes for using green corn, corn meal, hominy, and pop corn.

Corn meal as a food and ways of using it. C. F. Langworthy and C. L. Hunt. Revised, 1919. 23 p. illus. (U. S. Dept. Agr., Farmers' Bul. 565, Revised, 1919.) 5 cents.

Discussion of the composition of corn and corn meal, how it is milled, and suggestions and recipes for cooking it.

Pop corn for the home. C. P. Hartley and J. G. Willier. Revised, 1920. 12 p. illus. (U. S. Dept. Agr., Farmers' Bul. 553, Revised, 1920.) 5 cents.

Directions for growing and harvesting pop corn, and suggestions and recipes for using it.

Use of corn, kafir, and cowpeas in the home. C. F. Langworthy and C. L. Hunt. 1913. 15 p. (U. S. Dept. Agr., Farmers' Bul. 559.) 5 cents.

Discussion of value of these foods in the diet, and suggestions and recipes for their use.

COWPEAS. See CORN.

CREAM.

The whipping quality of cream. C. J. Babcock. 1922. 22 p. illus. (U. S. Dept. Agr., Bul. 1075.) 10 cents.

Study of effect of age, temperature, and other factors on the whipping quality of raw, pasteurized, homogenized, and other classes of cream.

See also ICE CREAM. - MILK.

DASHEEN.

The digestibility of the dasheen. C. F. Langworthy and A. D. Holmes. 1917. 12 p. (U. S. Dept. Agr., Bul. 612.) 5 cents.

Record of digestion experiments on the dasheen, a starchy vegetable.

DEHYDRATION.

Farm and home drying of fruits and vegetables. J. S. Caldwell. Revised, 1919. 61 p. illus. (U. S. Dept. Agr., Farmers' Bul. 984, Revised, 1919.) 5 cents.

Discussion of the principles, methods, and equipment for drying fruits and vegetables, with specific directions for handling the various kinds.

A successful community drying plant. C. W. Pugsley. 1917. 12 p. illus. (U. S. Dept. Agr., Farmers' Bul. 916.) 5 cents.

Description of a plant for drying fruits and vegetables similar to one at Lincoln, Nebraska.

DIET. See CHILDREN. - FOOD. - MALNUTRITION. - NUTRITION. - PELLAGRA.

DIGESTION EXPERIMENTS. See DASHEEN. - FATS. - FISH. - MILLET. - OILS. - SORGHUM. - WHEAT BRAN.

EGGS.

Commercial preservation of eggs by cold storage. M. K. Jenkins and M. E. Pennington. 1919. 36 p. illus. (U. S. Dept. Agr., Bul. 775.) 10 cents.

Results of an investigation to determine the efficiency of commercial cold storage as a means of preserving eggs. The relative keeping quality of fresh, heated, sound, dirty, and cracked eggs; the relation of the month of storage to preservation; changes in the composition of eggs during cold storage; and the cause of "cold-storage taste" in eggs, were among the points studied.

EGGS. (Continued)

Eggs and their value as food. C. F. Langworthy. 1917. 30 p. illus. (U. S. Dept. Agr., Bul. 471.) 5 cents.

Summary of data regarding the nature and uses of eggs in the diet, and effects of methods of handling, storing, and marketing upon the value of eggs in the household.

How to candle eggs. M. E. Pennington, M. K. Jenkins, and H. M. P. Betts. 1918. 20 p. illus. (U. S. Dept. Agr., Bul. 565.) 40 cents.

Clear, concise directions for candling eggs, with colored plates showing how various kinds of eggs look before the candle and out of the shell; of interest to both producer and consumer of eggs.

Marketing eggs by parcel post. L. B. Flohr. 1917. 23 p. illus. (U. S. Dept. Agr., Farmers' Bul. 830.) 5 cents.

Detailed information on the packing and shipping of eggs by parcel post, based on investigations by the Department of Agriculture in cooperation with the Post Office Department.

Preserving eggs. J. W. Kinghorn. 1920. 8 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1109.) 5 cents.

Direction for preserving eggs for home use in water glass and lime solution.

FATS.

Digestibility of certain miscellaneous animal fats. A. D. Holmes. 1919. 27 p. (U. S. Dept. Agr., Bul. 613.) 5 cents.

Record of experiments on the digestibility of goat's butter, kid fat, hard-palate fat, horse fat, oleo oil, oleo stearin, ox-marrow fat, ox-tail fat, and turtle fat.

Digestibility of some animal fats. C. F. Langworthy and A. D. Holmes. 1915. 23 p. (U. S. Dept. Agr., Bul. 310.) 5 cents.

Record of studies of the digestibility and melting point of lard, beef fat, mutton fat, and butter.

FATS (Continued)

Digestibility of some vegetable fats. C. F. Langworthy and A. D. Holmes. 1917. 20 p. (U. S. Dept. Agr., Bul. 505.) 5 cents.

Record of studies of the digestibility of olive oil, cottonseed oil, peanut oil, coconut oil, sesame oil, and cocoa butter.

Fats and their economical use in the home. A. D. Holmes and H. L. Lang. 1916. 27 p. illus. (U. S. Dept. Agr., Bul. 469.) 5 cents.

Data regarding the character, selection, and use of edible fats in the home, including such topics as savory fats and softening hard fats to make them more satisfactory for shortening purposes.

Studies on the digestibility of some animal fats. C. F. Langworthy and A. D. Holmes. 1917. 20 p. (U. S. Dept. Agr., Bul. 507.) 5 cents.

Record of experiments on the digestibility of the fat of chickens, geese, brisket, cream, eggs, and fish.

~~See also~~ See also OILS.

FIRELESS COOKERS.

Homemade fireless cookers and their use. Revised, 1919. 16 p. illus. (U. S. Dept. Agr., Farmers' Bul. 771, Revised, 1919.) 5 cents.

Discussion of the principle of the fireless cooker, its advantages and limitations, and suggestions for its use, including a few recipes.

FISH.

The bowfin: An old-fashioned fish with a new-found use. R. E. Coker. Revised, 1918. 7 p. illus. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 26, Revised, 1918.) 5 cents.

Directions for cleaning and smoking bowfin, and recipes for cooking the smoked fish.

The burbot: A fresh-water cousin to the cod. H. F. Moore. 1917. 4 p. illus. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 25.) 5 cents.

Brief description of the burbot, with recipes for cooking.

FISH (Continued)

Canned salmon: Pink and chum. 1921. 7 p. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 48.) 5 cents.

Brief discussion of the salmon canning industry, the life history of the Pacific Coast salmon, and the food value of canned salmon, with forty-four recipes.

The carp: A valuable food resource. H. F. Taylor. 1917. 7 p. illus. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 31.) 5 cents.

Discussion of food value of carp, with recipes for cooking.

Caviar: What it is and how to prepare it. L. Radcliffe. 1916. 8 p. illus. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 20.) 5 cents.

Discussion of preparation of caviar from the roe of the sturgeon and certain other fish.

The commercial freezing and storing of fish. E. D. Clark and L. H. Almy. 1918. 10 p. illus. (U. S. Dept. Agr., Bul. 635.) 5 cents.

Discussion of commercial methods of freezing and storing fish with section on food value of frozen fish.

The eulachon: A rich and delicious little fish. H. F. Moore. 1917. 4 p. illus. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 33.) 5 cents.

Description of eulachon, a Pacific Coast fish, with recipes for cooking.

Experiments on the digestibility of fish. A. D. Holmes. 1918. 15 p. (U. S. Dept. Agr., Bul. 649.) 5 cents.

Record of studies of digestibility of Boston mackerel, butterfish, grayfish, and salmon.

Fish roe and buskroe. L. Radcliffe. 1918. 11 p. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 36.) 5 cents.

Brief discussion of food value of fish roe, with suggestions and recipes for using it.

FISH (Continued)

The haddock: One of the best salt-water fishes. H. F. Moore. 1920. 8 p. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 47.) 5 cents.

Brief history of the fishing industry and food value of the haddock, with thirty-one recipes.

How the angler may preserve his catch. W. C. Kendall. 1918. 7 p. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 37.) 5 cents.

Methods of salting, drying, and smoking small quantities of fish.

The Mainesardine industry. F. C. Weber, H. W. Houghton, and J. B. Wilson. 1921. 127 p. illus. (U. S. Dept. Agr., Bul. 908.) 50 cents.

Report of extensive investigation giving description of methods and materials used, with discussion of the food value of canned sardines.

Possibilities of food from fish. H. F. Taylor. 1917. 4 p. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 30.) 5 cents.

Popular discussion of the extent of American fisheries, with suggestions for conservation and elimination of waste.

A practical small smokehouse for fish: How to construct and operate it. Revised, 1917. 12 p. illus. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 27, Revised, 1917.) 5 cents.

Directions and working drawings for making a smokehouse for curing fish and so utilizing kinds often wasted.

Preserving fish for domestic use. H. F. Moore. 1917. 2 p. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 28.) 5 cents.

Description of canning and salting fish by home methods.

... Report ... on canned foods: Canned salmon. 1919. 83 p. (U. S. Fed. Trade Commission.) 10 cents.

Concise history of the salmon canning industry and summary of data concerning the production and consumption of canned salmon.

FISH (Continued)

The sable fish, alias black cod. H. F. Moore. 1917. 6 p. illus. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 23.) 5 cents.

Description of sablefish, with recipes for cooking.

Whales and porpoises as food. L. Radcliffe. 1918. 10 p. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 38.) 5 cents.

Suggestions and recipes for the use of whale meat.

The whiting: A good fish not adequately utilized. H. F. Moore. 1917. 4 p. illus. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 32.) 5 cents.

Suggestions and recipes for the use of whiting.

Why and how to use salt and smoked fish. H. F. Moore. 1917. 8 p. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 29.) 5 cents.

Popular discussion with recipes.

FLOUR.

The chemical analysis of wheat-flour substitutes and of the breads made therefrom. J. A. LeClerc and J. L. Wessling. 1918. 12 p. illus. (U. S. Dept. Agr., Bul. 701.) 5 cents.

Data from scientific experiments on a variety of starchy materials used in bread making.

Use of wheat-flour substitutes in baking. H. L. Wessling. 1918. 22 p. (U. S. Dept. Agr., Farmers' Bul. 955.) 5 cents.

A war-time publication of permanent interest, with recipes for making yeast and quick breads with meals and flours other than wheat.

See also WHEAT BRAN.

FOODS.

Care of food in the home. 1923. --p. (U. S. Dept. Agr., Farmers' Bul. 1374.)

(Supersedes Farmers' Bul. 375, by the same title.)

Brief discussion of bacteria, yeasts, molds, and other causes of food spoilage followed by directions for caring for various kinds of foods.

FOODS (Continued).

The chemical composition of American food materials. W. O. Atwater and A. P. Bryant. Revised, 1906. 87 p. illus. (U. S. Dept. Agr., Office Expt. Stas., Bul. 28, Revised, 1906.) 10 cents.

Standard, comprehensive tables of chemical composition of foods.

Composition of food materials. C. F. Langworthy. Revised, 1916. 15 charts, 24 by 18 inches. (U. S. Dept. Agr., Office Expt. Stas. Revised, 1916.) Per set, \$1.00.

Series of colored charts on the following subjects:
Milk and milk products; eggs and cheese; meat, fresh and cured; fish, fish products, and oysters; butter and other fat-yielding foods; cereal grains; bread and other cereal foods; sugar and similar foods; roots and succulent vegetables; legumes and corn; fresh and dried fruits; fruit and fruit products; nuts and nut products; functions and uses of food; dietary standards.

Food for farm families. H. W. Atwater. 1921. 14 p. (U. S. Dept. Agr., Yearbook (1920) Separate 858.) 5 cents. (Also in U. S. Dept. Agr. Yearbook 1920, p. 471-484.)

Popular article embodying some of the data obtained in dietary survey made by the Department of Agriculture.

Food selection and meal planning. C. L. Hunt. 1921. 8 charts, 18 by 23 inches. (U. S. Dept. Agr., States Relat. Serv.) Per set, 50 cents.

Series of black and white charts on the following subjects:
1. A week's supply of food for an average family. 2. A week's supply of vegetables and fruits for an average family. 3. A week's supply of milk, meat, and similar foods for an average family. 4. A week's supply of cereal foods for an average family. 5. A week's supply of sugar and other sweets for an average family. 6. A week's supply of fat and fat foods for an average family. 7. Counting the cost of a week's food supply. 8. Figures for estimating food supplies for individuals and for families differing from the average.

Food values and body needs shown graphically. E. A. Winslow. 1923. - p. illus. (U. S. Dept. Agr., Farmers' Bul. 1383.) 5 cents.

(Supersedes Department Bul. 975; Food values: How foods meet body needs.)

Diagrams showing how the composition of 50 common foods meets the needs of the body in respect to energy, protein, calcium, phosphorus, and iron.

FOODS (Continued).

Good proportions in the diet. C. L. Hunt. 1923. 24 p. illus.
(U. S. Dept. Agr., Farmers' Bul. 1313.) 5 cents.

(Supersedes Farmers' Bul. 1228: A week's food for an average family.)

Principles of food selection from the standpoint of adequacy, wholesomeness, attractiveness, and cost, for the "Average" family consisting of father, mother, and three children. Reproductions of the food selection and meal planning charts illustrate the text.

How to select foods. I. What the body needs. C. L. Hunt and H. W. Atwater. Revised, 1921. 15 p. illus. (U. S. Dept. Agr., Farmers' Bul. 808, Revised, 1921.) 5 cents.

How to select foods. II. Cereal foods. C. L. Hunt and H. W. Atwater. 1917. 23 p. illus. (U. S. Dept. Agr., Farmers' Bul. 317.) 5 cents.

How to select foods. III. Foods rich in protein. C. L. Hunt and H. W. Atwater. 1917. 19 p. illus. (U. S. Dept. Agr., Farmers' Bul. 824.) 5 cents.

Series of bulletins telling in simple language what foods the body needs to keep it in working order and to provide it with fuel for muscular work, and showing how the different groups of food materials meet these needs.

Human food from an acre of staple farm products. M. O. Cooper and W. J. Spillman. 1917. 11 p. (U. S. Dept. Agr., Farmers' Bul. 377.) 5 cents.

An acre-to-acre comparison of the food values of different crops and animal products; data of special value to those interested in the economics of food and food supply.

Motion pictures of the U. S. Department of Agriculture. F. W. Perkins. 1922. 13 p. (U. S. Dept. Agr., Dept. Circ. 333.) 5 cents.

Among the films described are those dealing with animal tuberculosis in relation to the health of the family, Federal meat inspection, the food value of milk, the hot school lunch, and community canning. The method of distributing the films of the Department is also given.

100-calorie portions of a few familiar foods. [1923.] 1 chart, 18 by 24 inches. (U. S. Dept. Agr., Bur. Home Econ.) 10 cents.

Pen and ink drawings of 100-calorie portions of 20 food materials, intended as a guide in food selection and meal planning.

FOODS (Continued).

Use and preparation of food. 1919. 270 p. (Fed. Bd. Vocat. Educ., Bul. 35; also numbered Home Econ. Ser. 3.) 20 cents.

Outline of short-unit courses in the use and preparation of food for use in classes in home economics, with recipes and practical suggestions.

Weight variations of package foods. H. Runkel. 1920. 20 p. (U. S. Dept. Agr., Bul. 897.) 5 cents.

Results of a study of methods of "packaging" foods and application of experimental work to correct present errors.

See also CHILDREN.

FRUIT.

Homemade fruit butters. C. P. Close. Revised, 1920. 8 p. illus. (U. S. Dept. Agr., Farmers' Bul. 900, Revised, 1920.) 5 cents.

Suggestions for making 12 kinds of fruit butters.

See also APPLES. - CANNING. - CITRUS FRUITS. - DEHYDRATION. - GRAPES. - PECTIN. - PERSIMMONS. - VEGETABLES.

GELATIN.

Sources, preparation, and properties of some algal gelatins. I. A. Field. 1921. 7 p. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 51.) 5 cents.

Information about the various commercial uses of Irish moss and some of the other seaweeds growing along our coasts. The gelatin extracted from Irish moss especially has long been used in making blancmange and other dishes.

GRAPES.

Home uses for muscadine grapes. C. Dearing. 1917. 23 p. illus. (U. S. Dept. Agr., Farmers' Bul. 859.) 5 cents.

Suggestions and recipes for the use of muscadine grapes based on investigations conducted at the branch experiment station of the North Carolina Department of Agriculture.

Muscadine grape paste. C. Dearing. 1919. 15 p. (U. S. Dept. Agr., Farmers' Bul. 1033.) 5 cents.

Directions for extracting the pulp and for sweetening, cooking, drying, and storing muscadine grape paste for home use or for sale.

GRAPES (Continued).

Muscadine grape sirup. C. Dearing. 1916. 11 p. illus.
(U. S. Dept. Agr., Farmers' Bul. 758.) 5 cents.

Directions for making muscadine grape sirup in the home,
and thus saving fruit often wasted because of unfavorable
marketing conditions.

Unfermented grape juice: How to make it in the home. C. Dearing.
1919. 32 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1075.)
5 cents.

Directions for the home preparation of unfermented juice
for family use or for local sale.

HONEY.

Honey and its uses in the home. C. L. Hunt and H. W. Atwater.
1915. 26 p. (U. S. Dept. Agr., Farmers' Bul. 653.) 5 cents.

Discussion of the nature and food value of honey, with
suggestions and recipes for using it in the home.

ICE CREAM.

Effect of composition on the palatability of ice cream. O. E.
Williams and G. R. Campbell. 1923. 8 p. illus. (U. S.
Dept. Agr., Bul. 1161.) 5 cents.

Report of experiments to determine the influence of fat
content, sugar, and other factors.

ILLUSTRATIVE MATERIAL. See FOOD.

JELLY MAKING. See CITRUS FRUITS. - PECTIN.

KAFIR. See CORN.

LAMB.

Farm slaughtering and use of lamb and mutton. C. G. Potts. 1920.
32 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1172.) 5 cents.

Methods employed in slaughtering the animal, cutting up the
carcass, and curing the flesh, also recipes for cooking the meat.

Lamb and mutton and their use in the diet. 1923. 13 p. illus.
(U. S. Dept. Agr., Farmers' Bul. 1324.) 5 cents.

Brief discussion of these meats particularly as produced
on the farm, methods for temporary preservation, and directions
and recipes for cooking.

LUNCHES.

The lunch hour at school. K. A. Fisher. 1920. 62 p. illus.
(U. S. Dept. Int., Bur. Educ., Health Educ. 7.) 5 cents.

Summary of data gathered from a survey of school lunches in both rural and city schools in various parts of the country, with practical suggestions for the organization and equipment of school lunch rooms, a few sample menus and selected recipes, and a list of references.

School lunches. C. L. Hunt. Revised, 1922. 25 p. illus.
(U. S. Dept. Agr., Farmers' Bul. 712, Revised, 1922.) 5 cents.

The noon meal for school children discussed from the standpoint of supplying the proper kind and amount of food and of preparing and serving it. A few recipes included.

See also CHILDREN.

MALNUTRITION.

The campaign against malnutrition. 1923. 37 p. (U. S. Treas. Dept., Public Health Serv., Public Health Bul. 134.) 5 cents.

Report of Advisory Committee on Foods and Nutrition of National Child Health Council in cooperation with the U. S. Public Health Service.

What is malnutrition? L. Roberts. 1919. 20 p. (U. S. Dept. Labor, Children's Bur., Bur. Pub. 59.) 5 cents.

Discussion of the signs and symptoms of malnutrition, causes, effects, and treatment.

MAPLE SIRUP AND SUGAR.

The production of maple sirup and sugar. A. H. Bryan and W. F. Hubbard. 1912. 46 p. illus. (U. S. Dept. Agr., Farmers' Bul. 516.) 5 cents.

Summary of data regarding the maple sirup and sugar industry, with detailed directions for making.

MARKETING.

Cooperative marketing. O. B. Jesness. 1920. 27 p. (U. S. Dept. Agr., Farmers' Bul. 1144.) 5 cents.

Although primarily a discussion of cooperative marketing organizations among farmers, the principles of cooperation are set forth in such a way that this bulletin is equally valuable to groups of consumers interested in starting cooperative enterprises.

MARKETING. (Continued)

The march of standardization. H. W. Samson. 1921. 10 p.
(U. S. Dept. Agr., Yearbook (1920) Separate 250.) 5 cents.
(Also in U. S. Dept. Agr. Yearbook 1920, p. 353-362.)

Summary of work accomplished through Federal and other agencies in establishment of uniform market grades for potatoes, onions, and barreled apples, and a discussion of the relation of this to present marketing problems.

Parcel post business methods. C. C. Hawbaker and J. W. Law.
1918. 20 p. (U. S. Dept. Agr., Farmers' Bul. 922.) 5 cents.

Suggestions for both shippers and customers.

Standard containers for fruits and vegetables. F. P. Downing.
1921. 34 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1196.)
5 cents.

The standardization of containers for marketing fresh fruits and vegetables as a problem affecting the general public, specifications for containers now standardized by law, and the recommendations based on extensive investigation.

See also BUTTER. - EGGS.

MEAT.

Economical use of meat in the home. C. F. Langworthy and C. L. Hunt. 1910. 29 p. (U. S. Dept. Agr., Farmers' Bul. 391.) 5 cents.

Discussion of the value of meat as food, with suggestions and recipes for utilizing the tougher cuts, fat, and trimmings, and extending the flavor of meat by combining with other materials.

The meat-inspection service of the United States Department of Agriculture. G. Ditewig. 1917. 23 p. illus. (U. S. Dept. Agr., Yearbook (1916) Separate 714.) 15 cents. (Also in U. S. Dept. Agr. Yearbook 1916, p. 77-98.)

How the Federal meat-inspection service is organized and carried on so that the rights and health of the consumers of meat and meat food products may be protected to the fullest extent possible under the laws.

See also BOUILLON CUBES. - LAMB. - MUSKRAT. - PORK. - RABBIT. - VITAMINS.

METABOLISM.

The basal metabolism of infants fed on dry milk powder. F. B. Talbot and M. E. Moriarty. 1922. 10 p. illus. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 724.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 37, no. 3, p. 116-123.)

Report of study of 13 normal babies given milk powder prepared by two formulas.

See also CALORIMETER.

MILK.

Antineuritic vitamin in skim milk powder. J. M. Johnson and C. W. Hooper. 1921. 8 p. illus. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 689.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 36, no. 34, p. 2037-2043.)

Data on experiments with pigeons to determine the amount of skim milk powder necessary to prevent polyneuritis.

The comparative antiscorbutic values of milk. J. M. Johnson and C. W. Hooper. 1922. 33 p. illus. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 743.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 37, no. 17, p. 939-1021.)

Report of study by feeding experiments on laboratory animals of fresh milk, both raw and pasteurized, from cows fed in different ways, and of dried milk powders restored to fluid condition.

Dried milk powder in infant feeding. T. Clark and S. D. Collins. 1922. 20 p. illus. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 789.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 37, no. 40, p. 2415-2433.)

Report of a feeding experiment made in Boston on 241 infants by the Public Health Service in cooperation with local agencies to determine the safety, usefulness, and comparative value of dried milk powder.

Educational milk-for-health campaigns. J. M. Hoover. 1923. 36 p. illus. (U. S. Dept. Agr., Dept. Circ. 250.) 10 cents.

Detailed suggestions for organizing milk campaigns for the purpose of reducing undernourishment especially among children.

MILK (Continued).

Butter and milks. L. A. Rogers. 1916. 31 p. illus. (U. S. Dept. Agr., Bul. 319.) 5 cents.

Therapeutic value of buttermilk, kefir, kumiss, yogurt, with directions for making; also a bibliography of the more important papers on fermented milks.

Good drinks made of milk. 1919. 8 p. (U. S. Dept. Agr., Dept. Circ. 72.) 5 cents.

Directions for making buttermilk, yogurt or Bulgarian buttermilk, buttermilk lemonade, and kefir or kumiss.

The growth-promoting properties of milk and dried-milk preparations. J. M. Johnson. 1921. 16 p. illus. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 690.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 36, no. 34, p. 2044-2057.)

Data on feeding experiments on rats to compare raw and pasteurized cow's milk with that obtained by addition of the required amount of water and butterfat to skim milk powder, so-called "reconstructed" milk.

Milk and its uses in the home. 1923. 19 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1359.) 5 cents.

(Supersedes Farmers' Bul. 1207, by the same title.)

Composition and food value of milk, home methods of pasteurization, and suggestions for care and use in cooking.

Milk and our school children. B. C. Reaney. 1922. 31 p. illus. (U. S. Dept. Int., Bur. Educ., Health Educ. 11.) 5 cents.

Suggestions for teaching children the food value of milk and inducing them to use it in abundance.

Milk: The indispensable food for children. D. R. Mendenhall. 1918. 32 p. (U. S. Dept. Labor, Children's Bur., Care of Children Ser. 4; also numbered Bur. Pub. 35.) 5 cents.

Discussion of value of various kinds of milk as food for children.

See also METABOLISM.

MILLET.

Experiments in the determination of the digestibility of millets.

C. F. Langworthy and A. D. Holmes. 1917. 11 p. (U. S. Dept. Agr., Bul. 525.) 5 cents.

Report of digestion experiments conducted with a view to extending the use of these grains in this country.

MUSHROOMS.

Mushrooms and other common fungi. F. W. Patterson and V. K. Charles. 1915. 64 p. illus. (U. S. Dept. Agr., Bul. 175.) 30 cents.

Descriptions for the use of the amateur collector in distinguishing poisonous and edible species, with excellent illustrations, glossary, and 29 recipes for cooking mushrooms.

Some common edible and poisonous mushrooms. F. W. Patterson and V. K. Charles. 1917. 24 p. illus. (U. S. Dept. Agr., Farmers' Bul. 796.) 5 cents.

Description of the common kinds of mushrooms with recipes for cooking them.

MUSKRAT.

The muskrat as a fur bearer, with notes on its use as food. D. E. Lantz. 1917. 23 p. illus. (U. S. Dept. Agr., Farmers' Bul. 869.) 5 cents.

Chiefly a discussion of the economic importance of the muskrat with brief statement of its use as food and three recipes for cooking.

MUSSELS.

Sea mussels: What they are and how to cook them. 1914. 5 p. illus. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 12.) 5 cents.

Brief description of sea mussels with suggestions and 18 recipes for cooking them.

MUTTON. See LAMB. - MEAT.

NUTRITION.

Indices of nutrition. T. Clark, E. Sydenstricker, S. D. Collins. 1923. 35 p. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 842.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 38, no. 23, p. 1239-1270.)

NUTRITION (Continued)

"Application of certain standards of nutrition to 506 native white children without physical defects and with 'good' or 'excellent' nutrition as judged from clinical evidence."

The nutrition and care of children in a mountain county of Kentucky. L. Roberts. 1922. 41 p. illus. (U. S. Dept. Labor, Children's Bur., Bur. Pub, 110.) 10 cents.

Report of nutrition survey dealing with home conditions, diet, and such other items as sleep, fresh air, care of teeth, and the like.

Nutrition and education. E. B. Sterling. 1922. 10 p. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 798.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 37, no. 45, p. 2798-2808.)

Report of a height-weight survey of school children in a small city in the Middle West.

Nutrition in childhood. T. Clark. 1922. 10 p. (U. S. Treas. Dept., Public Health Repts., Reprint 654.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 36, no. 17, p. 923-930.)

Symptoms of malnutrition discussed briefly and suggestions given for children's diet.

Weight and height as an index of nutrition. T. Clark, E. Sydenstricker, and S. D. Collins. 1923. 22 p. illus. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 309.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 38, no. 2, p. 39-58.)

Report of measurements of nearly ten thousand children.

See also FOOD. - MALNUTRITION. - VITAMINS.

OILS.

Digestibility of cod-liver, Java-almond, tea-seed, and watermelon-seed oils, deer fat, and some blended hydrogenated fats.

H. J. Deuel, jr., and A. D. Holmes. 1922. 15 p. (U. S. Dept. Agr., Bul. 1033.) 5 cents.

Report of experiments giving the coefficients of digestibility of these oils and fats with men as subjects.

OILS (Continued)

Digestibility of some by-product oils. A. D. Holmes. 1919.
16 p. (U. S. Dept. Agr., Bul. 781.) 5 cents.

Studies of the digestibility of apricot-kernel oil, cherry-kernel oil, melon-seed oil, peach-kernel oil, pumpkin-seed oil, and tomato-seed oil.

Digestibility of some seed oils. A. D. Holmes. 1918. 20 p.
(U. S. Dept. Agr., Bul. 687.) 5 cents.

Studies of digestibility of the oil of corn, soy beans, sunflower seed, mustard seed, rapeseed, charlock.

The production and conservation of fats and oils in the United States. H. S. Bailey and B. E. Reuter. 1919. 48 p.
(U. S. Dept. Agr., Bul. 769.) 10 cents.

The production and conservation of fats and oils in the United States. Supplement. H. S. Bailey and B. E. Reuter. 1919.
7 p. 5 cents.

Description of general processes used in production of fats and oils in this country, with suggestions for increasing the supply. The supplement gives later statistics on the production, importation, and exportation of fats and oils in the United States.

Studies on the digestibility of some nut oils. A. D. Holmes. 1918. 19 p. (U. S. Dept. Agr., Bul. 630.) 5 cents.

Data from studies of the oil of almonds, black walnuts, Brazil nuts, butternuts, English walnuts, hickory nuts, and pecans.

See also FATS.

OYSTERS.

Oysters: A little of their history and how to cook them. H. F. Moore. Revised, 1918. 16 p. (U. S. Dept. Com., Bur. Fisheries, Econ. Circ. 18, Revised, 1918.) 5 cents.

Brief discussion of where and how oysters grow and 100 recipes for serving them.

PEANUTS.

The manufacture and use of peanut butter. H. C. Thompson. 1920. 16 p. illus. (U. S. Dept. Agr., Dept. Circ. 128.) 5 cents.

Popular description of commercial and home methods of making peanut butter, with recipes for its use in cookery.

PEANUTS. (Continued)

The peanut, a great American food. H. S. Bailey and J. A. LeClerc. 1918. 15 p. illus. (U. S. Dept. Agr., Yearbook (1917) Separate 746.) 5 cents. (Also in U. S. Dept. Agr. Yearbook 1917, p. 239-301.)

Popular article on the amount and types of peanuts grown in the United States, with recipes and suggestions for use.

See also FATS.

PEAS. See CANNING. - CORN.- VEGETABLES.

PECTIN.

Homemade apple and citrus pectin extracts and their use in jelly making. M. C. Denton, R. Johnston, and F. W. Yeatman. Revised. 1923. 11 p. (U. S. Dept. Agr., Dept. Circ. 254.) Revised, 1923.) 5 cents.

Directions for making pectin extracts and recipes for their use in making jellies from such fruits as cherries, peaches, pineapple, rhubarb, strawberries, and others naturally deficient in pectin. A score card for jelly is included.

See also CITRUS FRUITS.

PELLAGRA.

Pellagra: Its nature and prevention. J. Goldberger. Revised, 1921. 10 p. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 461.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 32, no. 14, p. 431-488, Revised, 1921.)

Effect of diet as a cause and as a remedy for pellagra is pointed out, and a "sample of a pellagra-preventing bill-of-fare" is included.

PEPPERS.

Peppers. 1921. 10 p. illus. (U. S. Dept. Agr., Dept. Circ. 160.) 5 cents.

Directions for growing the plants, canning the pepper fruits, and using them in relishes, salads, and various other dishes.

PERSIMMONS.

The native persimmon. W. F. Fletcher. 1915. 28 p. illus. (U. S. Dept. Agr., Farmers' Bul. 635.) 5 cents.

Discussion of production, preparation, and uses of native persimmons, with a few recipes.

PICKLES.

Fermented pickles. E. LeFevre. 1920. 23 p. (U. S. Dept. Agr., Farmers' Bul. 1159.) 5 cents.

Brief description of the processes involved in pickling and of the methods by which the standard varieties can be prepared in the home.

PORK.

Pork on the farm. Killing, curing, and canning. F. G. Ashbrook and G. A. Anthony. 1921. 44 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1186.) 10 cents.

Directions for converting the farm-grown hog into appetizing, nutritious foods available for use in fresh, cured, or canned state.

POTATOES.

Methods of manufacturing potato chips. M. C. Vosbury. 1922. 20 p. illus. (U. S. Dept. Agr., Bul. 1055.) 5 cents.

Report of experiments designed to test the culinary value of seedling tubers developed by the Department.

Potatoes, sweet potatoes, and other starchy roots as food. C. F. Langworthy. 1917. 29 p. illus. (U. S. Dept. Agr., Bul. 468.) 5 cents.

Summary of results of experimental data regarding the nature and uses of potatoes and other starchy roots as food.

See also VEGETABLES.

POULTRY.

The food value and uses of poultry. H. W. Atwater. 1916. 29 p. (U. S. Dept. Agr., Bul. 467.) 5 cents.

Summary of experimental data on food value of poultry and its uses in the home, together with information on the handling and care of poultry to aid in choosing it for the home table.

RABBIT.

Rabbit raising. N. Dearborn. 1920. 35 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1090.) 5 cents.

Methods of raising rabbits, suggestions for selling them, and recipes for cooking.

RICE.

Rice as food. 1921. 22 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1195.) 5 cents.

RICE. (Continued)

Discussion of food value of rice, with recipes and suggestions for its use.

SEA FOOD. See FISH. - MUSSELS. - OYSTERS. - SHRIMP.

SHRIMP.

Shrimp: Handling, transportation, and uses. E. D. Clark and L. MacNaughton. 1917. 8 p. illus. (U. S. Dept. Agr., Bul. 533.) 5 cents.

Methods of catching and handling shrimp for market, including brief discussion of food value.

SIRUP.

An improved method of making sugar-beet sirup. C. O. Townsend and S. F. Sherwood. 1921. 16 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1241.) 5 cents.

How to grow sugar beets in the garden and make from them a pleasant-flavored table sirup.

See also GRAPES. - MAPLE SIRUP AND SUGAR.

SORGHUM.

Studies on the digestibility of the grain sorghums. C. F. Langworthy and A. D. Holmes. 1916. 31 p. (U. S. Dept. Agr., Bul. 470.) 5 cents.

Summary of experimental work on digestibility of sorghums served as bread and as mashes.

SWEET POTATOES. See POTATOES.

TURNIPS.

Turnips, beets, and other succulent roots, and their use as food. C. F. Langworthy. 1917. 19 p. illus. (U. S. Dept. Agr., Bul. 503.) 5 cents.

Summary of data on nature, uses, and food value of succulent roots.

VEGETABLES.

Extension course in vegetable foods for self-instructed classes in movable schools of agriculture. A. Barrows. 1916. 78 p. illus. (U. S. Dept. Agr., Bul. 123.) 10 cents.

Discussion of the various types of vegetables, summary of vegetable cookery, and practical suggestions for preparing vegetables for the table.

VEGETABLES. (Continued)

Fresh vegetables and fruits as conservers of other staple foods.
C. L. Hunt. Revised, 1921. 10 p. (U. S. Dept. Agr.,
Farmers' Bul. 871, Revised, 1921.) 5 cents.

Statement regarding what foods fresh vegetables and
fruits may safely replace in the diet, with recipes.

Home storage of vegetables. J. H. Beattie. 1917. 22 p. illus.
(U. S. Dept. Agr., Farmers' Bul. 879.) 5 cents.

Description of the types of storage with the best methods
for use with the different vegetables.

Preservation of vegetables by fermentation and salting. L. A.
Round and H. L. Lang. 1917. 15 p. illus. (U. S. Dept.
Agr., Farmers' Bul. 881.) 5 cents.

Directions for preserving vegetables by fermenting and
salting, with suggestions and recipes for preparing the
products for the table.

See also CANNING. - DASHEEN. - DEHYDRATION. - MUSHROOMS. -
PICKLES. - POTATOES. - TURNIPS.

VITAMINS.

The dietary deficiency of cereal foods with reference to their
content in "antineuritic vitamins." C. Voegtlin, G. C. Lake,
and C. N. Myers. The growth-promoting properties of foods
derived from corn and wheat. C. Voegtlin and C. N. Myers.
Phosphorus as an indicator of the "vitamins" content of
corn and wheat products. C. Voegtlin and C. N. Myers. 1918.
54 p. illus. (U. S. Treas. Dept., Public Health Serv.,
Public Health Repts., Reprint 471.) 10 cents. (Also in
U. S. Treas. Dept., Public Health Repts., vol. 33, no. 13,
p. 647-656; vol. 33, no. 22, p. 843-863; vol. 33, no. 23,
p. 911-917.)

Record of research work on vitamins in cereal foods;
of interest chiefly to investigators and students.

Preliminary note on a stable silver vitamin compound obtained from
brewer's yeast. A. Seidell. 1921. 7 p. illus. (U. S. Treas.
Dept., Public Health Serv., Public Health Repts., Reprint 648.)
5 cents. (Also in U. S. Treas. Dept., Public Health Repts.,
vol. 36, no. 13, p. 665-670.)

Data on an attempt to isolate a pure, stable antineuritic
compound; of interest only to investigators and students.

VITAMINS. (Continued)

Vitamin B in the edible tissues of the ox, sheep, and hog.

R. Hoagland. 1923. 48 p. illus. (U. S. Dept. Agr., Bul. 1138.) 10 cents.

Report of investigations to determine the vitamin B content of the voluntary muscle and the edible organs of three meat animals conducted by the Bureau of Animal Industry.

Vitamines and nutritional diseases. A. Seidell. 1916. 8 p.

(U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 525.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 31, no. 7, p. 361-370.)

Results of feeding experiments chiefly with brewer's yeast on pigeons; of interest chiefly to investigators and students.

See also MILK. - NUTRITION.

WATER.

Bacteria in commercial bottled waters. M. M. Obst. 1916.

14 p. (U. S. Dept. Agr., Bul. 369.) 5 cents.

Significance of bacteria in potable water; results of inspection of springs and examination of commercial bottled waters.

WHEAT BRAN.

Experiments on the digestibility of wheat bran in a diet without wheat flour. A. D. Holmes. 1919. 20 p. (U. S. Dept. Agr., Bul. 751.) 5 cents.

Summary of digestion experiments with both fine and unground wheat bran.

